



From Concept to Consumer

Gourmantra Indian Meal Kits

Meeting Notice

“It all started with a dinner party”, says Rachna Prasad*. Fast forward two years - the Prasads (mother Rekka and daughters Rachna and Mona) launch the first India meal kits under the brand name Gourmantra.

At our next OHEIB Meeting, Rachna Prasad, CEO of Gourmantra Foods Inc. will tell us how her ‘dinner party’ started a family business, the ups and downs, the hows and whys of a food business in Canada.

While discussing the business, Rachna will demonstrate the Gourmantra Meal Kits. The kits, which include Rekha's spice blends, basmati rice and other pre-measured ingredients, come in four versions, Tandoori, Butter Chicken, Korma and Channa Masala.

After watching and sampling, kits will be available for purchase at a special member price. As well, Longo's will be open for anyone who wants to do some shopping for the holiday season.

* See Gourmantra Sidebar (separate attachment) for the start of an interesting story. You can check out their website, www.gourmantra.com

Date: Thursday, December 3, 2009

Location: The Loft - Longo's Demonstration Kitchen (upstairs)
Longo's Boxgrove, 98 Copper Creek Dr. East Markham
Just southeast of Hwy 407 & Ninth Line - see map and directions below.

Program: 6:00 pm: Registration/Nibbles
6:30 to 8:00 pm: Demonstration/Sampling
8:00 to 9:00 pm: Q & A and shopping

Cost: \$10 Members \$15 Guests Students (n/c)

RSVP: Space is limited to 25 people. Please reserve before noon on Monday, November 30, 2009 to otheib@sympatico.ca
Please pay at the door. By cheque, make it payable to OHEIB.

Longo's Boxgrove



From the 407, take the Ninth (9th) Line exit (one exit past Markham Rd/Hwy 48), go south (right) on Ninth Line/Box Grove By-pass to Cooper Creek Drive. Turn left on Copper Creek Drive, and then left again into the Longo's plaza.
Free Parking!

From the 401, take Markham Rd exit north to Steeles Ave. Turn right (east) on Steeles Avenue to Ninth (9th) Line. Turn left (north), road curves to the right and name changes to Donald Cousens Parkway. Turn left (north) on to Box Grove By-pass, to Copper Creek Drive. Turn left on Copper Creek Drive, and then left again into the Longo's plaza.